

# SWIM CLINIC

*Aquatic Swim Team - Head Coach  
Cherie Walters*

**June 12th, 13th, & 14th ~ 5:00-5:45 PM**

## OVERVIEW & PURPOSE

The Aquatic Swim Team coaches, Cherie Walters will be hosting a FREE swim clinic for any member of the Aquatic Swim Club between the ages of 5 and 18. This three day clinic will introduce members to our swim team program for the purpose of boosting enrollment. Each session will last for approximately one hour and utilize the lap lanes. During this clinic, each child will learn proper stretches to do before entering the water for exercise, become comfortable in the lap lanes/deep end, and learn the basics of all four strokes involved in the sport of swimming.

### Day One

1. What is a swim team? How do I become a member?
2. Proper stretching before entering the water
  - a. Led by Coach Cherie - exercise science major
3. Get acclimated to the water and making way across the pool
  - a. Become comfortable putting head underwater
  - b. Complete at least one lap across the pool any way they know how

### Day Two

1. Introduce all four stroke
  - a. Butterfly, Backstroke, Breaststroke, Freestyle
2. Complete drills to work on proper technique for each stroke
3. Successfully complete one lap of each stroke

### Day Three

1. Continue to work on all four strokes
2. Introduce/attempt diving into the pool
3. Wrap it up
  - a. Go over everything we learned
  - b. Show off our favorite stroke to the parents

## Join the Swim Team

*Aquatic Swim Team 2018*

These clinics are designed to introduce children to Aquatic's Swim Team. During the clinic, the children will meet other swimmers and get a chance to see what it is like to be a part of a team.

Our goal, for each child who participates, is to learn the sport of swimming, experience a team sport in a fun environment and make life-long friendships. If you can learn while having fun, everyone benefits.

To register, please send an email with the name and age of the member to [swimteam@aquaticclub.com](mailto:swimteam@aquaticclub.com). We hope you will consider attending our clinic and perhaps joining our swim team!